

Veggie Pizza with Italian Sausage

1 ready made pizza crust
1/2 jar ready made pizza sauce
1 package shredded vegan mozzarella cheese
2 Tofurky Italian sausages, sliced thin
1/4 red bell pepper, diced
1/4 green bell pepper, diced
1 cup mushrooms, chopped
1/2 onion, diced
1 bunch fresh basil
Vegan Parmesan Cheese
Red pepper flakes

Preheat an oven to 475 degrees. Place the pizza crust on a cookie sheet and spread the sauce evenly over the crust. Alternate layers of the diced vegetables, basil, vegan sausage and vegan cheese. Top with sprinkles of vegan parmesan cheese and transfer to the oven to bake for 12-15 minutes or until the cheese is bubbly and the crust edges begin to lightly brown. Transfer the pizza to a cutting board and slice to serve. Sprinkle with extra parmesan and red pepper flakes.



Equipment Needed:

Cutting boards
Knives
Cookie sheet, oven, hot pads



Equipment Needed:

Electric mixer
Measuring cups
Measuring spoons
Medium mixing bowl
Mixing spoon
Cookie sheet, oven, hot pads



Vegan Chocolate Chip Cookies

- 1 cup vegan butter
- 1/2 cup firmly packed soft organic tofu
- 3/4 cup cane sugar (unbleached sugar)
- 3/4 cup light brown sugar
- 1 teaspoon vanilla
- 2 1/2 cups unbleached all purpose flour*
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1 cup chopped walnuts (optional)

Preheat the oven to 350 degrees and line two baking sheets with parchment.

Use a blender or electric mixer and cream the butter, sugar, tofu, and vanilla until smooth and fluffy.

Combine the flour, baking soda and sea salt in a large mixing bowl, stir to blend. Transfer the flour mixture into the creamed mixture, stir in the chocolate chips and nuts. Mix well then spoon one inch balls of dough onto parchment covered baking sheets. Bake for 10-12 minutes or until lightly brown and slightly firm to the touch. Remove from the oven and transfer to wire racks to cool. Store in a sealed container for up to two weeks.

